



**MENTAL HEALTH
FIRST AID®**
Australia

Aboriginal and Torres Strait Islander Mental Health First Aid

The Aboriginal and Torres Strait Islander Mental Health First Aid course teaches participants how to provide initial support to an Aboriginal and/or Torres Strait Islander adult who may be experiencing a mental health problem or mental health crisis, until professional help is received or the crisis resolves.



Intervene early

Recognise the warning signs of mental health problems for Aboriginal and Torres Strait Islander adults.



Offer support

Learn the skills to have an open, supportive conversation about mental health with an Aboriginal and/or Torres Strait Islander adult.



Learning Outcomes

Upon completion of this course participants will be able to:

- Recognise the signs and symptoms of mental health problems impacting Aboriginal and Torres Strait Islander adults
- Use an evidence-based action plan to initiate a mental health first aid conversation in a culturally safe and informed way
- Assess for a range of crisis situations and provide initial support
- Understand the prevalence and impact of mental illnesses, risk factors with specific information about Aboriginal and Torres Strait Islander peoples.
- Apply self-care practices as a Mental Health First Aider.



Respond in a crisis

Respond across a range of crisis situations where an Aboriginal and/or Torres Strait Islander adult may be at risk of harm.



Reduce stigma

Reduce stigma and increase support for Aboriginal and Torres Strait Islander adults experiencing and living with mental health problems.

Adults who complete this course become Mental Health First Aiders (MHFAiders), equipped with the knowledge, confidence, and skills to provide mental health information and support when it matters most.

This course has been developed in consultation with Aboriginal and Torres Strait Islander peoples and is based on guidelines that are informed by people with lived experience, their caregivers and health professionals.

Dates Wed 18th & Thurs 19th of March

Times 9:30am - 4:30pm (Both days)

Cost \$300 per participant

Facilitator/s Sam Mitchell

Venue / Delivery Method Riverland ADAC 23 Cornwall Street, Berri - Face to Face

*Costs include course participation and all relevant teaching materials.

Artwork by Johanna Parker

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**Anyone can have a conversation that may save a life.
Everyone can learn how.**

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